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CFL DISCIPLINES LIONS' KHALIF MITCHELL FOR CAUSING INJURY TO AN OPPONENT'S ARM PAGE 21

Rugby calendar shows off buff and beautiful players

Canada's national senior women's rugby team bares all for a new fundraising calendar, and North Vancouver's Andrea Burk — or Miss May — says it presents a healthy body image for women PAGE 4

VANCOUVER metro®

Tuesday, July 24, 2012

News worth sharing.

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B.C. pipes up with concerns about Enbridge

Conditional support. Province releases five conditions that must be met before pipelines get provincial approval

The provincial government of British Columbia finally unveiled its stance on the proposed Enbridge Northern Gateway project, but critics say it's just more fence sitting.

Environment Minister Terry Lake announced Monday that the government would support future heavy-oil pipelines only if five "minimum requirements" are met.

The conditions include competition of the National Energy Board Joint Review Panel; developing "world-leading" oil-spill response and mitigating the cost of cleanup for marine and land disasters; meeting legal requirements regarding aboriginal and treaty rights; and ensuring B.C. receives a "fair share of the fiscal and economic benefits" of a pipeline.

"These are the principles upon which we will negotiate with our partners," said Lake. "Spill response and the marine environment is not something Enbridge is responsible for. So while they have said they would be happy to go above and beyond the regulations now, we want to see what that means."

And while Lake said a dollar figure hasn't been ironed out, the current financial gain for B.C. isn't good enough.

"British Columbians are fair and reasonable, but they have to have the confidence that the fair share of benefits would come to the province," he said. "This is the starting point of some discussions that we'll have to have."

Asked whether the province has any power to stop the project if the National Energy Board Joint Review Panel approves it, Lake said B.C. could refuse to issue permits or provide power to the pipeline.

The project's critics aren't applauding the government's new stance, however.

Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs, said the majority of B.C.'s First Nations remain opposed to Northern Gateway.

"No amount of minuscule increases to safety, or a provincial policy paper that ultimately allows the Christy Clark government to approve the proposed pipeline, provide any assurances that the land and waters will be protected," he said.

B.C. NDP leader Adrian Dix, whose party has officially opposed the pipeline, says the conditions of clearing environmental assessment and respecting treaty rights must be legally met for the project to continue, regardless of whether the province insists.

"It's not a condition at all. Yes (Enbridge) has to meet legal obligations," Dix said.

Enbridge has proposed a twin pipeline over 1,100 kilometres in length to export heavy oil from the Alberta oilsands to Asian markets.

A marine terminal would also be built in Kitimat, requiring the province to end its moratorium on north-coast tanker traffic.

MATT KIELTYKA/METRO

Gains and losses

Environment Minister Terry Lake, pictured, said the province won't stand for the project if it doesn't share in the profits.

- According to the ministry's estimates, B.C. stands to gain just eight per cent of the fiscal benefits from the pipeline — despite shouldering 100 per cent of the risk to marine environments and 58 per cent of the risk on land.

Colorado shooting suspect's 1ST DAY IN COURT

James Holmes appears in Arapahoe County District Court on Monday in Centennial, Colo. Holmes is being held on suspicion of first-degree murder, and could also face charges relating to aggravated assault and weapons violations after a mass shooting last Friday in a movie theatre in Aurora, Colo., that killed 12 and injured dozens of others. Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. See story, page 10. THE ASSOCIATED PRESS/DENVER POST/RJ SANGOSTI/POOL

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Komagata Maru memorial helps heal century-old wounds

History regained.
Members of the Indo-Canadian community on hand at long-awaited unveiling

KATE WEBB
kate.webb@metronews.ca

Dignitaries from every level and persuasion of government put politics aside Monday to join members of the Indo-Canadian community in Coal Harbour for the long-awaited unveiling of a memorial for the notorious 1914 Komagata Maru incident.

The ship was carrying 376 British subjects, most from India, to Vancouver in a bid to challenge racist immigration laws at a time when Canada was accepting hundreds of thousands of white immigrants.

The Canadian government refused to let the passengers disembark, and two months later forced most of them to sail back to India, where 19 were shot and killed by British military on arrival.

"It's a place where the entire community can go to learn about this incident." said former Vancouver Park Board chair Raj Hundal, who helped spearhead the initiative.

The federal government contributed more than $82,000 toward the $750,000 memorial in Harbour Green Park, which includes an artist's impression of the hull of the ship, the names of all the passengers, photos and a descriptive plaque.

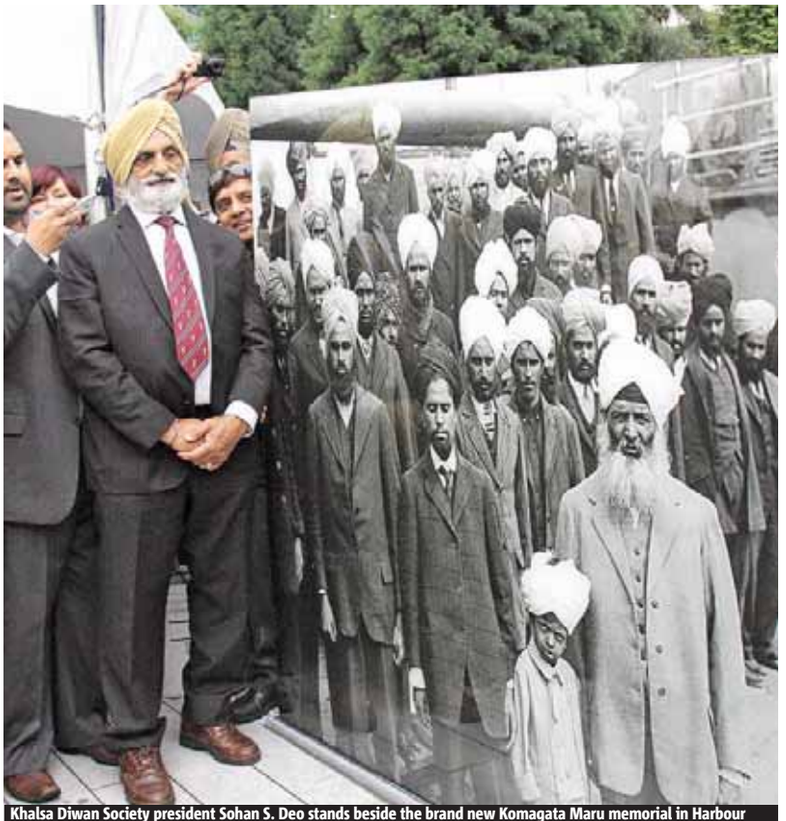
"It gives me great pleasure and satisfaction that the current government has taken greater steps to sensitively ease our wounds and recognize the mistake done many years back," said Sohan S. Deo, president of the Khalsa Diwan Society.

It was that society's members who organized a shore committee to help care for the ship's inhabitants nearly a century ago.

High-profile politicians including Immigration Minister Jason Kenney, B.C. NDP Leader Adrian Dix, Mayor Gregor Robertson, MLAs and city councilors all turned out to see the memorial unveiled.

Prime Minister Stephen Harper publicly apologized for the incident in 2008, although not in the House of Commons.

That same year, the B.C. government passed a motion formally apologizing for turning the passengers of the Komagata Maru away "without benefit of the fair and impartial treatment befitting a society where people of all cultures are welcomed and accepted."



Khalsa Diwan Society president Sohan S. Deo stands beside the brand new Komagata Maru memorial in Harbour Green Park, moments after its unveiling. KATE WEBB/METRO

Former Mountie found dead in cell, cause unknown

A former Mountie who was infected with HIV when he sexually assaulted a 14-year-old boy has died in a British Columbian prison.

Warren Allen, 54, was found unresponsive in his cell on Friday at Mountain Institution in Agassiz, B.C., where he was serving three years and three months for sexual assault and distribution of child pornography. A news release said correctional officers immediately performed CPR, but he was pronounced dead in hospital in Chilliwack, B.C.

The Correctional Service of Canada has not released a cause of death, but noted police and the coroners service have been notified.

Allen, who was an RCMP officer 30 years ago, was targeted by Toronto police in an undercover operation after the force received a tip from the FBI.

Allen had bragged on an Internet chat line about how he and a friend sexually assaulted a 14-year-old boy, said B.C. Supreme Court Justice Sunni Stromberg-Stein in her sentencing ruling this past February.

In fact, the court heard Allen had sent 6,700 images of child pornography to an undercover officer, and an additional 840,000 images were seized when he was arrested in Vancouver.

The judge said Allen shared his vast collection of pornography on a peer-to-peer website.

The judge noted in some of Allen's online chats, he described himself as "pozzing," meaning someone with HIV who is actively trying to infect as many unsuspecting men as possible through unprotected sex. Allen pleaded guilty and said he was remorseful, ashamed and embarrassed of the crimes. THE CANADIAN PRESS

1 NEWS

On the web

Athletic prowess redefined

We're still a few days away from the opening ceremonies in London and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.

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Andrea Burk recreates her pin-up pose for the National Senior Women's Team fundraising calendar in Vancouver on Monday.
CHELSEA ALTICE/FOR METRO

Rugby players show off their scrum bums

National Senior Women's Team. Chocolate bars and T-shirts just can't compare with the fundraising power of a pin-up calendar

CHELSEA ALTICE
Vancouver@metronews.ca

North Vancouver's Andrea Burk had zero hesitation when asked to swap her Canada's 7s rugby jersey for her birthday suit to pose for the team's nude fundraising calendar.

While some of the women were reluctant to bare all, Burk said the photo shoot was a rewarding experience for a team trying to raise money for the 2014 World Cup and 2016 Olympic qualifiers in Rio de Janeiro.

"We all train really hard to keep our bodies healthy and fit," Burk said. "It was exciting to look back and see how great everyone looks, and I think it's a beautiful representation of the female body."

Andrea Burk: Ms. May 2013
CONTRIBUTED/DARRYL HUMPHREY

Burk is the pin-up for May 2013. Her sultry pose — like those of many of her toned teammates in the 16-month calendar — shatters burly stereotypes about women's rugby.

"Our team is all sorts of sizes and weights, but we eat a balanced diet and we're active on a daily basis," Burk said.

"Younger girls and women in general battle stereotypes, and hopefully this promotes a healthy lifestyle."

The team has attempted more traditional fundraising activities such as selling chocolate bars and T-shirts but found the calendar to be most successful.

Burk said despite rugby being Canada's fastest-growing women's sport, most Canadians are unaware their team exists.

"We're ranked No. 2 in the world and we want to get the word out," Burk said. "We're gunning for gold at Rio."

Where to buy it

- The calendar is available for $20 online at nswtcalendar.com. Proceeds go toward team expenses and a women's charity yet to be announced.

Bible camp accident

Police name boy crushed by tree

The B.C. Coroners Service has identified an 11-year-old boy who was crushed to death by a falling tree at a summer camp. Richard Fehr of Christina Lake was attending Pines Bible Camp north of Grand Forks when a windstorm hit last Friday. Many trees came down, including one that hit the boy's cabin. The Coroners Service is investigating his death. THE CANADIAN PRESS

Crime

Three stabbed at Surrey apartment

Two people are in custody after three men were stabbed early Monday at an apartment complex in Surrey. A 39-year-old old man who was found in the underground parking lot suffered serious injuries to his abdomen and remains in hospital. Police found two other male victims, who had non-life-threatening injuries. All are known to police for drug offences. THE CANADIAN PRESS

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Stanley Cup. Third rioter begins serving jail term

A 23-year-old Burnaby man spent the weekend in jail as he began serving a seven-month jail term for his part in last year's Stanley Cup riot in downtown Vancouver.

Sean Yates pleaded guilty in Vancouver provincial court to participating in a riot and assaulting a police officer, and was sentenced Friday, becoming the third person sent to jail for the melee.

Charges were laid after Yates was spotted in the crowd that set fires outside the main Canada Post office and looted the downtown location of the Bay department store on June 15, 2011, following Vancouver's loss in the Stanley Cup final.

Yates has also been placed on probation for one year and must pay a $250 victim-surcharge fee.

In the year since the riot, Crown prosecutors have approved 301 charges against 114 people, with Yates and two others sent to jail, while a fourth man is serving a conditional sentence under house arrest. THE CANADIAN PRESS

Further charges

- Police say more charges will be laid and have recommended a total of 674 counts against 225 people, with the first riot trials not due to begin until February 2013, at the earliest.

Port Moody

Early Evergreen contract awarded

A $2-million Evergreen Line contract for work to prepare for the relocation of railway tracks in Port Moody has been awarded to BEL Contracting. THE CANADIAN PRESS

Northwestern B.C.

Search for filmmaker halted

A search has now been suspended for the 26-year-old filmmaker who set off over two weeks ago to make a documentary on B.C.'s rare, white Kermode bears. THE CANADIAN PRESS

Megaphone vendor earns first pitch in contest

Best sales line. Kris Cronk will do the honours ahead of Tuesday's Vancouver Canadians game

CHELSEA ALTICE
vancouver@metronews.ca

Outside the Tim Hortons on the corner of Dunsmuir and Seymour streets is where Kris Cronk's begins selling the street paper Megaphone to passersby.

His sales pitch "Megaphone: Often imitated, never duplicated" won him the paper's First Pitch contest and the honour of throwing the first pitch ahead of the Vancouver Canadians game Tuesday at Nat Bailey Stadium.

"Every time a big change comes, baseball comes back into my life," said Cronk.

At the age of 14 — the same summer Cronk lost his parents — his rural Ontario peewee softball team won the provincials. Throughout his life, baseball has signalled better times, Cronk said.

Several back surgeries for a work-related accident have eased his pain and he's ditched his cane. He now anticipates enrolling at Simon Fraser University.

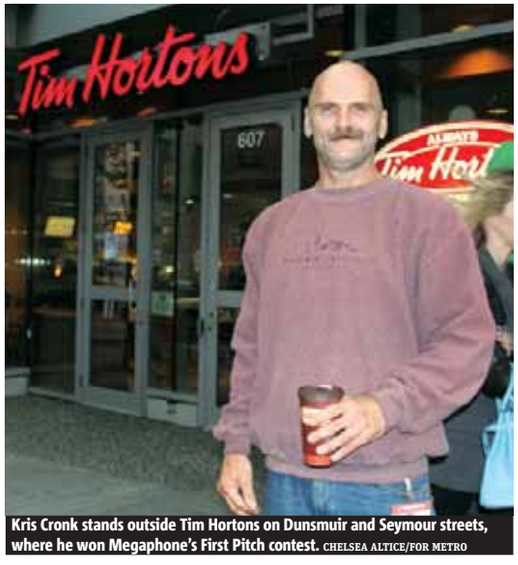
"You need to recognize the signs in your life that you're doing well," he said. "Right now I'm going forward."

What Cronk is most looking forward to about the game is the excitement of the stands. "I'm hoping to get the starting lineup to sign a ball before I throw the pitch and hand it off to a young fan that was about my age when we won the championship," said Cronk.

The game starts just after 5 p.m. for the first half of a doubleheader against the Eugene Emeralds at Scotiabank Field.

Quoted

"You need to recognize the signs in your life that you're doing well. Right now I'm going forward."
Kris Cronk, winner of Megaphone's First Pitch contest



Kris Cronk stands outside Tim Hortons on Dunsmuir and Seymour streets, where he won Megaphone's First Pitch contest. CHELSEA ALTICE/FOR METRO

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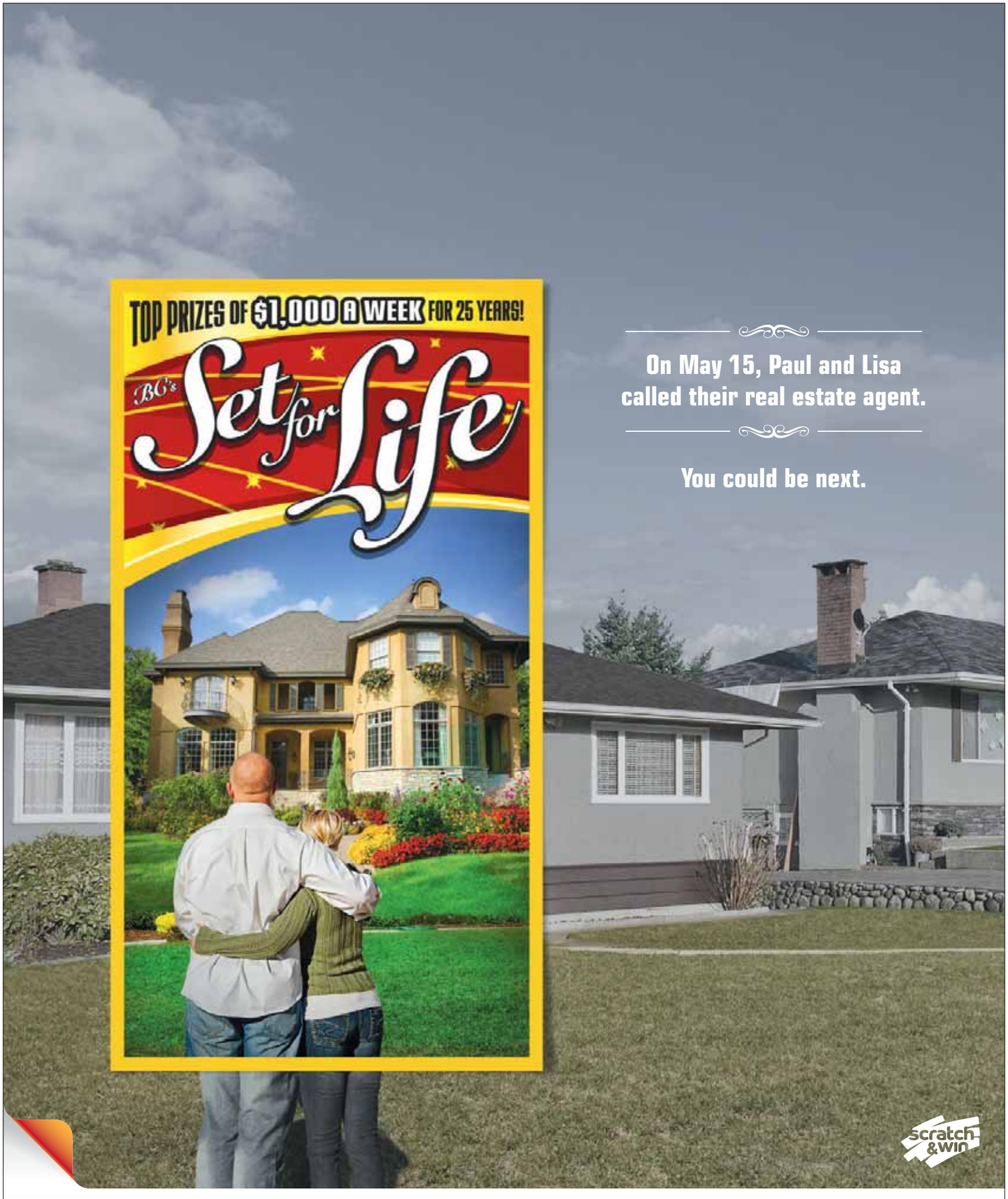
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Associate of B.C. Hells Angels charged with drug trafficking: Cops

Drug possession. One kilogram of cocaine seized during arrest, according to police

Police in British Columbia say one of two men charged with cocaine-related offences is an associate of the Hells Angels.

Thirty-one-year-old Kristopher Pfeifer of Maple Ridge is charged with trafficking cocaine.

A 48-year-old Chilliwack resident, Constantinous Anthony, has been charged with possession for the purpose of trafficking.

Sgt. Bill Whalen says Pfeifer is an associate of the Haney chapter of the Hells Angels.

The case dates back to 2011 when police say one of the accused was seen exchanging a package with the other.

Police say that during the subsequent arrest, officers seized one kilogram of cocaine.

They say both men appeared in court last week and were released on conditions.

THE CANADIAN PRESS

Occupying a film set in Victory Square

A protest camp that popped up in Victory Square Park Monday morning led many passersby to stop and see if Occupy Vancouver had reincarnated, but it turned out to be nothing more than that most common of Vancouver sights — a film set. With large, hand-painted signs proclaiming "Eat the rich" and "This is what democracy looks like," the fake camp was constructed for a scene in a new TV miniseries called Dark Universe.

KATE WEBB/METRO

Evacuation lifted for two Johnsons Landing properties

An evacuation order has been lifted for portions of two properties in Johnsons Landing — the Kootenay hamlet devastated by a landslide nearly two weeks ago.

Emergency officials say it is now safe to return to the eastern half of two properties, but 14 others in the Kootenay Lake community are still at risk from the tons of oozing muck that thundered down a mountain on July 12, burying three homes.

The bodies of 60-year-old Valentine Webber and his 22-year-old daughter Diana were pulled from under almost 10 metres of debris.

Webber's 17-year-old daughter Rachel and a 64-year-old neighbour Petra Frehse are still missing — and search efforts were called off late last week.

THE CANADIAN PRESS

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Penn State football spared but crippled

Scandal. Program where convicted sex offender Jerry Sandusky was assistant coach ordered by NCAA to pay $60M

Penn State student Laura Lovins reacts to sanctions against the football program.
GENE J. PUSKAR/THE ASSOCIATED PRESS

A potential exodus of star athletes. No hope of playing in the post-season. More than a decade of accomplishments erased from the record books. And Joe Paterno's legacy in shreds.

Penn State football, a longtime powerhouse that was once one of the cleanest, most admired programs in college sports, escaped the so-called death penalty from the NCAA on Monday but was dealt a heavy blow that will cripple it for years to come.

The university agreed to an unprecedented $60-million US fine, a four-year ban from post-season play and a cut in the number of football scholarships it can award — the price it will pay for having looked the other way while Jerry Sandusky brought boys onto campus and molested them.

The NCAA also erased 14 years of victories, wiping out 111 of Paterno's wins and stripping him of his standing as the most successful coach in the history of big-time college football.

"Football will never again be placed ahead of educating, nurturing and protecting young people," NCAA president Mark Emmert declared.

Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Nicole Lord, a senior, questioned why Penn State's student body, and especially its athletes, should be punished "for the wrongs of three men and a monster."

THE ASSOCIATED PRESS

Fires displace more than 1,400 in Spain

Farmers try to extinguish a fire in Llers, Spain, Monday. The fires that broke out Sunday in several parts of the Catalonia region forced more than 1,400 people to stay the night in shelters. Fires were still burning Monday in many places, with roads cut off because of the billowing smoke. Train service in the region was suspended and several cross-border roads linking Barcelona with France closed because of the advancing flames, regional government spokesman Felip Puig said Sunday. MANU FERNANDEZ/THE ASSOCIATED PRESS

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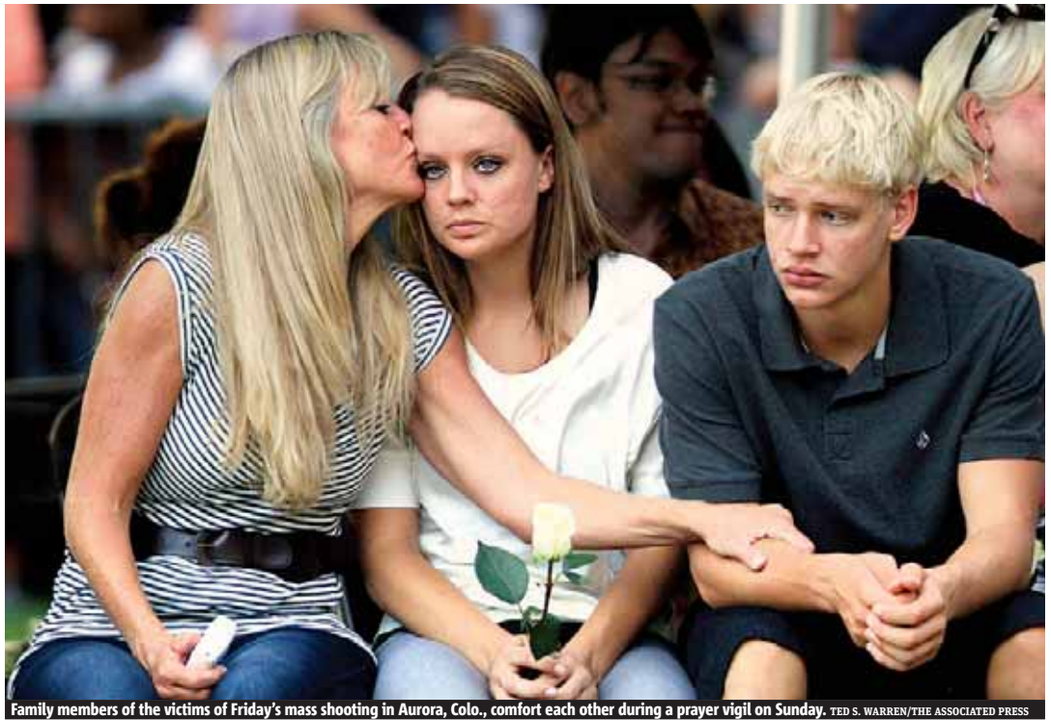
Families watch dazed suspect in courtroom

Aurora theatre rampage. Emotions run high as families watch a silent and aloof James Holmes



Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil on Sunday. TED S. WARREN/THE ASSOCIATED PRESS

His hair dyed a shocking comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie in Colorado appeared in court for the first time on Monday, but he didn't seem to be there at all.

James Holmes shuffled into court in a maroon jailhouse jumpsuit with his hands cuffed — the first look the world got of the 24-year-old since the Friday shooting that left 12 people dead and 58 others injured at a packed midnight screening of The Dark Knight Rises. It was one of the worst mass shootings in recent U.S. history.

Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes. Prosecutors said they didn't know if he was being medicated.

Throughout the hearing, he never said a word. His attorneys did all the talking when the judge asked him if he understood his rights.

His demeanour, however, angered the relatives of some of the victims of the shooting. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the attack. "I saw the coward in court today and Alex could have wiped the floor with him without breaking a sweat," said Teves, whose son, a physical therapist, dove to protect his girlfriend.

The court appearance gave millions the chance to scrutinize Holmes' every movement, every flutter of his heavy eyelids and form their opinions.

"It struck me that this is a person who's been through an emotional maelstrom and therefore might be totally wiped out emotionally," said Dr. Jeffrey Gardere, an assistant professor of behavioural medicine at Touro College of Osteopathic Medicine.

Gardere said there could be "a psychotic process going on and we see that being acted out there. Or there might be some sort of malingering going on. In other words, trying to make himself look worse than he actually is. Or maybe a combination of all of those things."

The hearing was the first confirmation that Holmes' hair was coloured. On Friday, there were reports that he told arresting officers that he was "The Joker." Batman's nemesis in the fictional Gotham also has brightly coloured hair.

Investigators found a Batman mask inside his apartment, a law enforcement official has said. THE ASSOCIATED PRESS

Gun control

Candidates avoid touchy subject

U.S. President Barack Obama and Republican rival Mitt Romney were back on the campaign trail Monday but neither man is expected to broach gun control.

The White House's only remarks in the aftermath of the Aurora, Colo., shooting have been to say the president backs the country's existing laws — even though the alleged gunman in the Colorado shootings legally acquired various weaponry, including an assault rifle and 6,000 rounds of ammunition purchased online.

"He believes we need to take steps that protect Second Amendment rights of the American people but ... ensure that we are not allowing weapons into the hands of individuals who should not, by existing law, obtain those weapons," White House press secretary Jay Carney said.

Obama's standing is low among white working-class voters — big believers in the right to bear arms. THE CANADIAN PRESS

Warner Bros.

Trailers pulled

Warner Bros. has moved to pull trailers of its upcoming film Gangster Squad from theatres. The trailer of the film, which stars Sean Penn and Ryan Gosling in a ruthless war between Los Angeles police and the mob, includes a scene of mobsters firing into a crowded movie theatre from behind the screen. THE ASSOCIATED PRESS

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Syria threatens to use chemical weapons

A Syrian refugee carries his injured son at Al-Bashabshy Refugee camp in Al-Rumtha, Jordan. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Desperate warning. Western concerns over long-suspected chemical stockpiles have deepened as rebels gain momentum in fight to oust Assad regime

Syria threatened Monday to unleash its chemical and biological weapons if the country faces a foreign attack, a desperate warning from a regime that has failed to crush a powerful and strengthening rebellion.

The statement — Syria's first-ever acknowledgement that the country possesses weapons of mass destruction — suggests President Bashar Assad will continue the fight to stay in power, regardless of the cost.

During a televised news conference Monday, Foreign Ministry spokesman Jihad Makdissi stressed that the weapons are secure and would only be used in the case of an external attack.

"No chemical or biological weapons will ever be used, and I repeat, will never be used, during the crisis in Syria no matter what the developments inside Syria," he said. "All of these types of weapons are in storage and under security and the direct supervision of the Syrian armed forces and will never be used unless Syria is exposed to external aggression."

Israel and the U.S. are concerned that Syria's stockpile of chemical weapons could fall into the hands of Islamist militants should the regime in Damascus collapse.

Israeli Prime Minister Benjamin Netanyahu warned Sunday that his country would "have to act" if necessary to safeguard the arsenal from rogue elements. THE ASSOCIATED PRESS

Suspected stockpiles

- Syria is believed to have nerve agents as well as mustard gas, Scud missiles capable of delivering these lethal chemicals and a variety of advanced conventional arms, including anti-tank rockets and late-model portable anti-aircraft missiles.

Iraq. Nationwide attacks kill at least 106

A startling spasm of violence shook more than a dozen Iraqi cities Monday, killing more than 100 people in co-ordinated bombings and shootings, and wounding twice as many in the country's deadliest day in more than two years.

The attacks came only days after al-Qaida announced it would attempt a comeback with a new offensive against Iraq's weakened government.

With the U.S. military gone and the government mired in infighting, the Iraqi wing of al-Qaida has vowed to retake areas it once controlled and push the nation back toward civil war.

Though there was no immediate claim of responsibility for Monday's attacks, nearly all of them struck in the capital and in northern Iraqi cities where al-Qaida can most easily regain a foothold.

So far this summer, militants linked to al-Qaida have claimed responsibility for a steady drumbeat of attacks designed to keep the government off-balance as it struggles to overcome a power struggle that pits Sunni and Kurdish leaders against the Shiite prime minister. THE ASSOCIATED PRESS

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Iran

Iranians protest food price hike

An Iranian news agency reports people have poured into the streets of a northeastern city to protest a steep hike in the price of chicken.

Protesters blamed mismanagement by President Mahmoud Ahmadinejad's administration, but the rare demonstration could be an indication of the effects of Western sanctions over Iran's suspect nuclear program. The sanctions have led to the collapse of Iran's currency and to subsidy cuts, raising prices of basic commodities. THE ASSOCIATED PRESS

Syria

Elections a path out of crisis: Iran

Iran's parliamentary speaker is proposing Syria hold presidential elections as a way to end the civil war between Syrian rebels and the regime of key Tehran ally President Bashar Assad.

Such a plan suggests Iran recognizes the growing pressures on Assad's regime and is seeking ways to preserve a pro-Iranian leadership in Damascus. THE ASSOCIATED PRESS

Cyprus. No links between local and Bulgarian terror suspect: Minister

A man held on suspicion of helping to plan attacks against Israeli tourists in Cyprus displayed similar behavioural patterns to a suicide bomber who killed six in a Bulgarian seaside resort, the island's justice minister said Monday, but stopped short of drawing any links between the two.

Minister Loucas Louca said that the case was "very sensitive," and although the actions were not similar "some patterns of his behaviour were the same as that of the terrorist in the Bulgarian terrorist attack."

Louca said the 24-year-old suspect belonged to an organization that is not on a European Union list of known terrorist groups. THE ASSOCIATED PRESS

Suspect

Cyprus authorities have remained tight-lipped about the man's identity or his intended target, but have said they believe he was acting alone.

- State media have widely reported the suspect to be a Swedish passport holder of Lebanese descent with affiliations to Lebanon's Hezbollah, who was monitoring and recording the movements of Israeli tourists.

Egypt. New measures to ease travel restrictions for Palestinians

Egypt is allowing freer temporary entry for Palestinians in an unprecedented move that eases long-imposed travel restrictions, particularly on Gazans, Egyptian and Palestinian officials said Monday.

The decision has caused confusion among security agencies — and appeared to bring some resistance. Some officers at the airport refused to implement the measures, an airport official said.

The changes appear to be a gesture to the Palestinians after separate meetings last week between Egypt's president, Mohammed Morsi of the Muslim Brotherhood, and Palestinian leader Mahmoud Abbas and the leader of Hamas, Khaled Mashaal, whose group controls Gaza. THE ASSOCIATED PRESS

Palestinian leader Mahmoud Abbas. THE ASSOCIATED PRESS

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Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. The CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR
98.35¢ US (-0.4¢)

TSX
11,545.54 (-77.37)

OIL
$88.14 US (-$3.69)

GOLD
$1,577.40 US (-$5.40)

Natural gas: $3.09 US (-1¢)
Dow Jones: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

It's not uncommon for countries like China — looking to secure commodities — to look to Canada, said Ketchen. "We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises Alberta's department of energy. THE CANADIAN PRESS

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NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

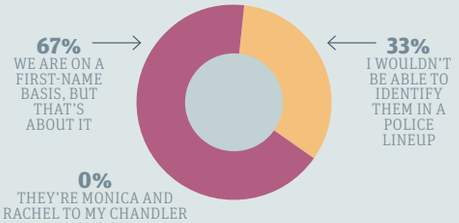
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@Whistler_Girl: the Vancouver episode of Australian Amazing Race aired last night... and I was in it! Can't wait to get a copy of my 'greeting' the teams!

@lexpapp: "@girlinthevcity: Since its raining would it really be that bad if I just stayed in bed all day? #raincity #vancouver" best plan ever!

@AccioJBieber: wow vancouver weather sucks

@sandrakusba: Back from #Cabo! Thanks for the warm welcome Vancouver.. Full throttle rain upon arrival..sighh.

@glittagloves: On my way to Vancouver :) I'm going to stay with my uncle and spend some time visiting before the Fiona Apple concert tomorrow :D

@VancityBuzz: "What a beautiful summer morning!" - Says no one #Vancouver

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DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●○

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Aba, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film Footnote is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Talmudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Aba) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, Inventing David Geffen. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song You're So Vain, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, The Dust Bowl, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale … a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for Half the Sky, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premiers Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley gets paranoid

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com. "Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks."

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner and the website claims it's clear Kelly knows she's being filmed.

Some question if Kelly is actually of age in the video, as she is reportedly seen singing along with and dancing to two songs from Brandy's Never Say Never album, which was released 16 days before the actress' 18th birthday.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages

@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

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Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

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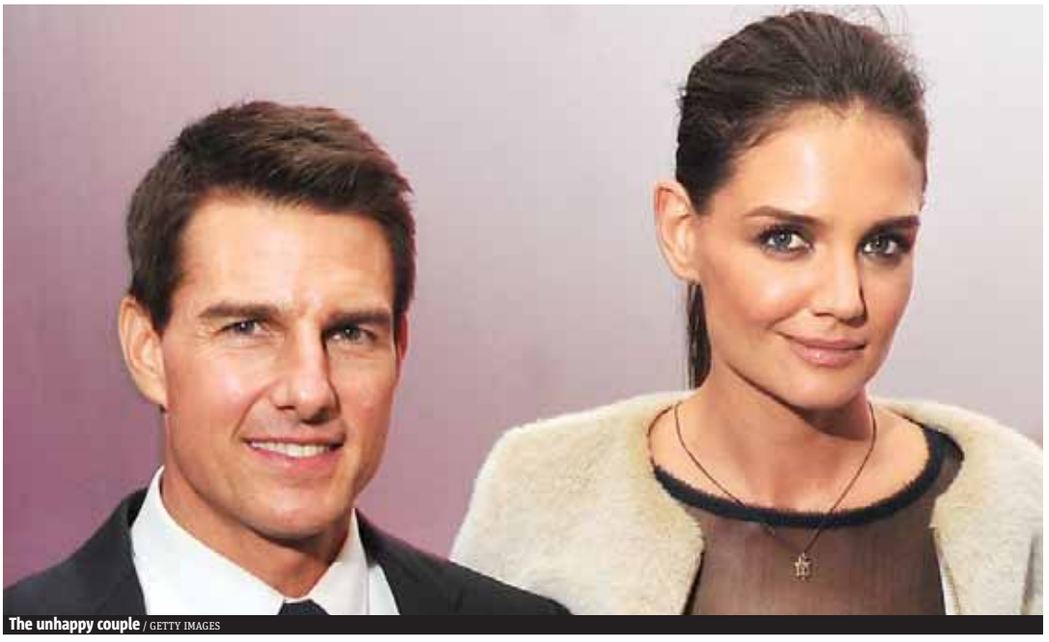

The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz.

3 LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight.

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

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Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule. Insurance is one of the best investments you can make, especially when you're young

YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

In numbers

$250,000

The average insurance death benefit in Canada

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

Canada's new mortgage rules: Friend or foe?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

While enjoying the sunshine at my local public pool on the weekend, I read up on the Government of Canada's newly tightened mortgage lending rules.

For the average Canadian home buyer, the change in the amortization period — how long it takes to pay off the mortgage — from 30 years to 25 years could translate into $300 of reduced cash flow each month.

That's equal to a couple's grocery bill or a family's annual school supplies. Over the course of a year that adds up to $3,600 — a family vacation, RRSP contribution or college tuition. But, consider that $300 in reduced cash flow an opportunity to build equity, not money for your one-night party in Whistler.

The reason for the change to the lending rules is to cool down Canada's hot real estate market by reducing the borrowing capacity of homebuyers, who in recent months have been warned about the perils of soaring debt levels — a product of lax lending policies.

Though the new rules make it harder to borrow larger sums of money, they promote frugal living, which translates into less stress and a stronger bottom line. A shorter amortization period will save Canadians boatloads of interest. It also forces buyers to think twice about purchasing a home that is too pricey.

The drawbacks associated with the new rules are that for existing homeowners with 30 to 40-year amortization periods, switching lenders or refinancing will be tough because they'll have to re-qualify under the new rules. Simply renewing with your existing lender shouldn't be an issue.

If you're in the home-buying market, don't get bummed out that you can't borrow as much. Consider it an opportunity to save more of a down payment, look for a less expensive home and negotiate harder on price.

The new rules promote frugal living, which translates to a stronger bottom line. ISTOCK IMAGES

For existing homeowners, these rules should act as additional motivation to build more equity and not accumulate additional debt.

Accelerated weekly or bi-weekly payments allow borrowers to make one to two extra payments annually and most mortgages allow you to prepay up to 20 per cent of the original amount. Accelerating payments in any form can significantly reduce total interest paid.

Kristy Wieber, co-founder and president of Rent Frock Repeat, at the company's studio in Toronto.
CHRIS YOUNG/THE CANADIAN PRESS

Formal and frugal: Stylish ways to save

Invitations to weddings, showers and stagettes often jam the summer social calendar, but they can be a drain on the finances of female guests assembling multiple ensembles.

Some fashion-conscious attendees may feel less inclined to give their new frock an immediate repeat wear while among the same circle of friends at summer festivities.

But fear not, fashionistas: formality and frugality don't need to be mutually exclusive.

For those who have combed through their own closets and exhausted borrowed finds from sisters or friends, rental services offer the promise of a fresh, off-the-rack look for less.

Rent Frock Repeat allows customers to browse online for dresses by designer, occasion, colour and body shape that can be transported anywhere in Canada.

Co-founder and president Kristy Wieber said the reasons for renting vary for each customer, with some simply wanting to experiment with new styles while others are seeking to save.

Rent Frock Repeat has an inventory of about 800 dresses in 150 styles, with sizes ranging from 0 to 16. Plus sizes up to size 24 are set to be available in the fall.

Rental fees are roughly 15 or 20 per cent of the retail cost and run from $50 to $250. Wieber said the average four-day rental is $100 to $150. Eight-day rentals are also available and women can book their look of choice up to four months in advance.

Wieber said they have had bridesmaids renting dresses, as well as brides needing frocks for the many events tied to their nuptials, such as the shower and rehearsal dinner. Some even take dresses on their honeymoon.

THE CANADIAN PRESS

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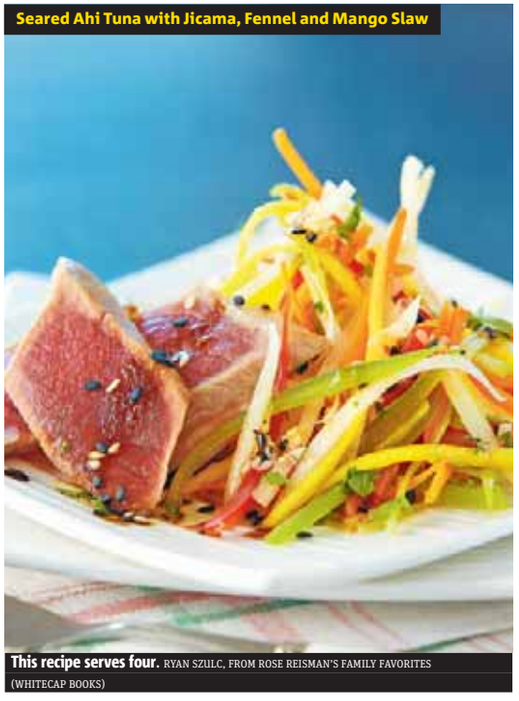
Tuna gets tropical spin with a jicama, fennel & mango slaw



Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?

I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...

Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Andrew Schulz. HANDOUT

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?

I'll be really honest with you. We don't even know that we like you until after we sleep with you.

And why is that?

Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?

I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.

Sports in pictures

1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

3 NHL. Kris Versteeg back with Panthers

The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing.

THE ASSOCIATED PRESS

NHL. Nash leaving Ohio for big role in Big Apple

The wait to land in a new city and with a new team is over for Rick Nash. Finally, after months of speculation, the high-scoring forward was dealt on Monday. And the destination was not a surprise.

He's gone from Blue Jacket to Blueshirt.

"There was a lot of limbo, for sure," Nash said. "It was a tough period. The good thing now is it's over and I can look forward to next year."

Nash was traded from the Columbus Blue Jackets to the New York Rangers for three players and a first-round draft pick. The all-star, who first went to Columbus management in January and asked to be dealt, heads to Manhattan in exchange for forwards Brandon Dubinsky and Artem Anisimov along with defenceman Tim Erixon and a first-round draft pick in 2013.

Nash, at 28, is the oldest of the players in the deal, and was shipped along with a third-round pick and a minor-league defenceman to the Rangers.

Nash is a former NHL goal-scoring champion, but has never played for a contender.

THE ASSOCIATED PRESS

Quoted

"This is something that we did because we think it's going to better our hockey club. We got the right value for Rick."

Columbus GM Scott Howson

Rick Nash GETTY IMAGES FILE

Lions' Mitchell given rare ban from CFL

CFL. Commish Cohon gives towering DT 2-game suspension for hyperextending opponent's arm

B.C. defensive tackle Khalif Mitchell was suspended for two games on Monday. DARRYL DYCK/THE CANADIAN PRESS FILE

The CFL has suspended Khalif Mitchell for two games without pay after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

The league announced the disciplinary action Monday evening after CFL commissioner Mark Cohon held a hearing via telephone with Mitchell and a representative of the CFL Players' Association. They discussed the incident, which happened during the Eskimos' 27-14 win.

The suspension is significant by CFL standards because it's the longest issued by Cohon. In fact, only three players have served a one-game ban since Cohon succeeded Tom Wright as commissioner in 2007.

"Any play that unnecessarily puts one of our players at risk of serious injury will be met with discipline," Cohon said in a statement.

Late in the first half, Rottier's right arm became lodged between Mitchell's arm and body. The six-foot-five, 316-pound defensive tackle violently pulled on Rottier's arm, bending it grotesquely in an unnatural fashion that resulted in the joint being hyperextended.

Rottier immediately dropped to his knee, in obvious pain, and required medical attention. The six-foot-six, 295-pound Rottier, a native of Westlock, Alta., and in his first season with Edmonton, left the game and although he returned in the second half, he remained on the sidelines for the rest of the contest.

No penalty was called on the play.

Under terms of the collective bargaining agreement between the CFL and its players, Mitchell can appeal the league's decision.

After Friday's game, Eskimos offensive lineman Greg Wojt took to social media to express his belief that Mitchell tried to hurt Rottier.

"That was bush league by Khalif Mitchell. Intentionally trying to injure a player #NoClass," Wojt tweeted.

THE CANADIAN PRESS

Quoted

"This type of behaviour has no place in our game and will not be tolerated."

CFL commissioner Mark Cohon.

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

Claude Julien GETTY IMAGES FILE

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey-player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.

The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.

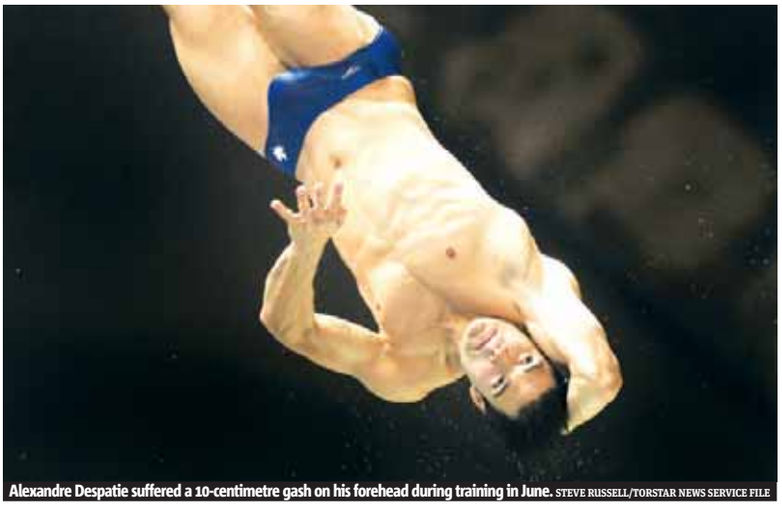
There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

Fun strangely absent for Canada

Projections. Crashes, injuries and setbacks have hampered preparation for London



Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

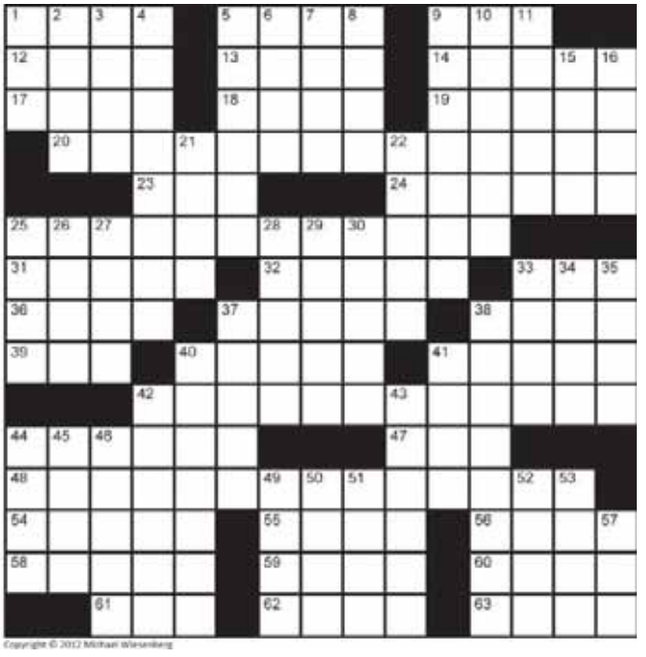
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. SALLY BROMPTON

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku

1	5	9	7	2	8	6	4	3
7	8	6	4	9	3	1	2	5
3	2	4	1	6	5	7	9	8
6	3	7	2	8	1	9	5	4
4	1	2	9	5	6	3	8	7
5	9	8	3	7	4	2	6	1
9	4	1	6	3	2	5	7	9
9	6	3	5	4	7	8	1	2
2	7	5	8	1	9	4	3	6

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21°/15°
Mainly sunny
Wednesday
23°/16°
Sunny
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Check the 14 day trend.
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Brentwood Mall
Crystal Mall
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Metrotown Centre

CHILLIWACK
Cottonwood Mall

DELTA
Scottsdale Mall

KELOWNA
Orchard Mall

LANGLEY
Willowbrook Shopping Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
368 – 800 Carnarvon Street
Royal City Centre

PORT COQUITLAM
101A – 2748 Lougheed Highway
Coquitlam Centre

RICHMOND
4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Yaohan Centre

SURREY
12845 – 96th Avenue
9 – 3268 King George Blvd.
7488 King George Highway, Unit 505
7500 Scott Road, Unit 104
109 – 9385 – 120th Street
1 - 8388 – 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER
2430 Commercial Drive
6338 Fraser Street
8269 Granville Street
215 Keefer Street
3189 Main Street
1209 Pacific Avenue
1211 Pacific Blvd.
481 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
Champlain Heights Mall
First Avenue Market, Unit 102
Kingsgate Mall
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